



Women's Health Services



Options Guide

This guide was developed to assist Frederick County women in locating appropriate and available resources and information in order to make an informed decision about an unintended pregnancy. If you are currently facing an unintended pregnancy, it is important that you talk about your feelings and emotions with someone you trust, be that a parent, a grandmother, aunt, or uncle, a close friend, or a member of the clergy. It is also important that you consult a member of the medical profession to discuss your options and what would be best for you and your health.

Whatever your decision, consider the emotional, social, and physical consequences of the option you choose. Also, remember to take good care of your health. Your body needs a healthy diet and plenty of rest in order to cope with the emotional and physical stress of your decision.

Questions to Help Sort Out Feelings

How do I feel about being pregnant? How do I feel about being a parent? How does my partner feel? How much is my partner willing to help? If I have the baby, will I work, go to school or stay at home? How do I feel about giving up much of my freedom and the ability to come and go as I please? How will my decision affect me in 5 years? 10 years? If I choose adoption, how would I feel about having someone else raising my child? Who can I talk to about my choice? What are my sources of financial and emotional support? What community agencies can offer assistance?

What are my options?

Parenthood



The Maternal Child Health program at the Frederick County Health Department will work with you in order to ensure that you have access to prenatal and child health care services in Frederick County. In addition, they can provide you with information on a multitude of resources available to individuals in need of social, financial and emotional support during pregnancy and beyond. They can be reached at **301-600-1745**.

Adoption



The State of Maryland keeps a listing of private adoption agencies that are licensed and in good standing. You may obtain a copy of that list by calling the Social Services Administration at **1-800-39-ADOPT** from 8 a.m. – 8 p.m. M-F or view the list on their website at www.dhr.state.md.us/ssa/privadop.htm

Here are some things to consider when looking at adoption agencies:

1. Will the agency cover my medical expenses? Legal expenses?
2. Is counseling available to me during my pregnancy and beyond?
3. What is the policy of contact with my child after birth and as the child grows?

Abortion



Here are some things to consider when choosing a clinic:

1. Check yellow pages advertising:
 - Make sure you call an actual clinic and not a “crisis pregnancy center.” First ask if they actually perform abortion services.
2. Get a referral from a reliable source:
 - Planned Parenthood Federation of America: **1-800-230-PLAN**
 - National Abortion Federation: **1-800-772-9100**
3. Call and ask about the clinic’s services:
 - Notice your first impressions and choose a clinic that makes you feel comfortable.
 - Ask as many questions as possible and consider visiting the clinic: What services do they provide and what are the fees. What follow-up do they provide after the abortion and what do you do if you experience a complication, especially after business hours?

Whatever you decide, remember to plan for the future. If you don’t want another pregnancy you have two choices:

You can decide to not have sex in the future. This means learning to be assertive with your partners.

Or

You can decide to have sex with the proper protection. Family planning services are available at the Frederick County Health Department.

Call the
Frederick County Health Department
at
301-600-1739
for an appointment.



The Frederick County Health Department does not endorse any of the resources listed.